

AoA e-news

The U.S. Administration on Aging

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The U.S. Administration on Aging is pleased to send you the **AoA e-news**, an e-newsletter filled with key information and news for the National Aging Services Network.

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[Message from the Assistant Secretary](#)

Momentum Builds for Integrated Elder Care Action Agenda

We can now build on a consensus reached at the AoA National Summit where more than a 1,000 participants discussed, debated, and showcased the ways we are creating the healthy and caring communities of the future. We emerged from the summit with a consensus about principles that our system of long-term care should reflect. This consensus will help us create a more balanced long-term care system that is responsive to the needs and preferences of older persons; promote healthy lifestyle choices through health promotion/disease prevention programs; and offer innovative programs to support family caregivers and help older adults remain at home. I am encouraged that all of you will help us move forward by bringing a clear-eyed spirit of innovation and flexibility as we move ahead this year to realize the vision of creating a society where older Americans can age successfully with dignity and independence. We need to rally the great compassion of our nation and focus on an integrated elder care action agenda. Now is the time for us to seize this historic opportunity for the older Americans of today and for generations to come.

This week The CDC launches its 2003 flu immunization campaign for adults “Are you Ready?” in commemoration of National Adult Immunization Awareness Week, October 12-18. The campaign aims to educate health care professionals on the importance of immunizing themselves to protect their patients against influenza. We are working to protect Americans from the harmful effects of influenza and educate adults on the necessity of flu vaccination. On average 36,000 people die each year because of complications from the flu, a disease that is largely preventable. For more information go to: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5240a7.htm>.

Josefina G. Carbonell

[What's Happening at AoA](#)

HHS Awards \$9.3 Million for New Aging and Disability Resource Centers

On September 22, HHS Secretary Tommy G. Thompson announced 12 grants totaling \$9.3 million to support state efforts to create "one stop shop" centers to help consumers learn about and access long-term supports ranging from in-home services to nursing facility care. The Aging and Disability Resource Center Grant Program is part of the President's New Freedom Initiative, which aims at overcoming barriers to community living for people with disabilities of all ages. The program is an historic joint partnership

of AoA and the Centers for Medicare & Medicaid Services and provides states with an opportunity to effectively integrate their long-term support resources for consumers into a single coordinated system. “States use a variety of approaches to meet the unique needs of the populations they serve,” said Assistant Secretary Carbonell. “The program has been designed to allow for a great deal of flexibility. Some state programs will utilize a single agency serving as the entry point to all long-term supports while other states will establish multiple sites that are coordinated and standardized to ensure there is ‘no wrong door’ for individuals trying to access the long-term care system.” Secretary Thompson honored the AoA Services Integration team with a 2003 Secretary’s Award for Distinguished Service for their work on the Aging and Disability Resources Centers. For more information visit http://www.aoa.gov/prof/aging_dis/aging_dis.asp.

AoA Awards Grants And Launches Partnership for Prevention Programs

On September 23, the Assistant Secretary for Aging announced AoA grant awards totaling more than \$2 million as part of a public/private partnership to increase older Americans’ access for older people to programs that have proven to be effective in reducing the risk of disease, injury, and disability. The partnership involves a variety of federal agencies and private foundations that are coordinating their efforts to help implement evidence-based prevention programs through aging services providers at the community level. The areas of focus include disease self-management, nutrition, physical activity, falls prevention, and medication management. A total of nine grants have been awarded to local organizations. Each project involves a local partnership of aging services providers, area agencies on aging, health care providers and a research organization. In addition to the local projects, AoA awarded a grant to The National Council on the Aging to establish a National Technical Assistance Center on Prevention for the Elderly to assist local organizations in developing evidence-based prevention activities. Other partners involved in the initiative are The John A. Hartford Foundation, The Robert Wood Johnson Foundation, The Horizon Foundation, and The National Council on the Aging. For more information go to: http://www.aoa.gov/press/pr/2003/09_Sep/aoa_09_23_03.asp.

AoA Awards \$5.6 Million for to Support Community Services for Seniors in Naturally Occurring Retirement Communities in 12 Cities

The Assistant Secretary for Aging recently announced \$5,635,552 in 12 grants (10 new grants and two continuations) to help seniors remain independent in the communities in which they live. The awards will establish demonstration programs to develop and test models to support older persons in 12 cities that contain “naturally occurring retirement communities,” or communities that have a significant number of seniors who have remained in their community as they have grown older. These grants will provide opportunities to test and evaluate new methods of assisting older individuals in their efforts to age in place, in their own homes and communities. The demonstration grants will focus on providing access to and linking health and supportive services for seniors who are living in naturally occurring retirement communities; removing existing barriers to those services; and developing innovative strategies to enhance the quality of life of

residents. For more information go to:

http://www.aoa.gov/press/pr/2003/09_Sep/aoa_09_12_03.asp.

Aging in the Americas

The Assistant Secretary for Aging presented a special dinner address at the "Aging in the Americas: Challenges to Health" conference held at the University of Miami, School of Medicine in Coral Gables on September 19-20, 2003. In her remarks, the Assistant Secretary for Aging shared her hope that "the dialogue concerning the elderly started at the Second World Assembly on Aging will continue. We will find ways of working together to ensure that the twenty-first century will be a good time to grow old in the Americas." This ministerial level conference, co-sponsored by the University of Miami and the Pan American Health Organization, focused on the health and social issues emerging from the significant increase in our hemispheric aging population. Participants included governmental health and aging officials from 17 countries in the Caribbean, Central, and South America. Officials attending the conference from Chile, Mexico, Jamaica, and El Salvador also participated in the AoA National Summit in Orlando, Florida. For more information visit:

http://www.aoa.gov/prof/international/aoa_related/aoa_related_miami.asp.

National Family Caregivers Month Materials Now on the AoA Web Site

National Family Caregivers Month graphics, materials, and suggestions for activities are now available on the AoA Website. November, as National Family Caregivers Month, offers the National Aging Services Network a unique opportunity to spread the word about the importance of supporting family caregivers. We are providing these materials for state and local partners to support them as they help family caregivers find much-needed services. The month is being observed as we also celebrate the enactment of the U.S. Administration on Aging National Family Caregiver Support Program in 2000. As part of this celebration, AoA is sharing our accomplishments including the fact that the National Family Caregiver Support Program is even more successful than expected in reaching caregivers. This year we are proud to unveil our new logo. Please consider using the suggestions in the AoA tool kit and other materials for National Family Caregivers Month events and activities in November and throughout the year. Visit the AoA Web site to download kit materials at

http://www.aoa.gov/press/nfc_month/nfc_month.asp. For a report on the accomplishments of the National Family Caregiver Support program visit:

http://www.aoa.gov/prof/aoaprogram/caregiver/overview/NFCSP_Exec_Summary_FULL_03.pdf. For a description of 39 AoA funded grant projects go to:

http://www.aoa.gov/prof/aoaprogram/caregiver/careprof/nfcsp_projects/PromisingPractices.pdf.

AoA Job Opportunities

Among its current job openings, AoA has posted a vacancy announcement for an Aging Services Program Specialist, Grade 13, to provide leadership for and management of AoA's Title IV Research, Training, and Demonstration Program, within the Center for

Planning and Policy Development. For more information about the position and instructions for applying, please visit <http://www.hhs.gov/careers/index.html/>.

Journal Features Article on AoA Commitment to Healthy Aging

The *Journal of Aging and Physical Activity* published a guest editorial written by the Assistant Secretary for Aging in their October issue. In the editorial, “Together We Can Increase Physical Activity Among Older Americans,” the Assistant Secretary for Aging shared the reasons for her commitment to increasing physical activity and improving nutrition among older adults. She urged organizations to work together to successfully convince older Americans to become more physically active and to eat a healthier diet. She discussed the national consensus for increasing physical activity among adults including the *National Blueprint for Increasing Physical Activity Among Adults 50 and Older*. Assistant Secretary Carbonell also emphasized the HHS *Steps to a Healthier US* initiative as the Department’s key focus for promoting healthy lifestyles. She highlighted AoA’s current work to improve nutrition habits and increase physical activity among older Americans and three exemplary programs: the White Crane Wellness Center’s *Health and Wellness Outreach* initiative in the Chicago area, the *Georgia Take Charge of Your Health* program, and the *A Matter of Balance* program in Portland Maine. To download a copy of the article go to: <http://www.aoa.gov/press/news/news.asp>.

Policy and Program Updates

American Lung Association Offers New Flu Shot Locator

The American Lung Association is offering a new flu prevention resource to the public. This new Flu Shot Locator provides easy access to information on more than 17,000 flu shot clinics across the country to be held from October 1 - November 15, 2003. They also list information on who should get the flu shot and links to other relevant resources and news. ALA is offering the Flu Shot Locator to serve older Americans (age 65 and older), people with chronic medical conditions, and very young children who are all more likely to suffer complications from the flu. For more information visit: <http://www.findaflushot.com/lungusa/>

Ready or Not, Here Comes the DUNS Number Requirement

Beginning on October 1, all federal grant applicants must have a Dun and Bradstreet “DUNS” number to apply for or renew federal grants, or submit plans under mandatory grant programs. The Office of Management and Budget (OMB) announced the new requirement in a June 27 notice of final policy issuance. The identifier will be used for tracking purposes, and to validate address and point of contact information. A universal identifier also eliminates the need for separate identification numbers in different federal agencies. The good news is that obtaining a DUNS number is relatively easy. Organizations can receive a DUNS number at no cost by simply calling Dun and Bradstreet’s dedicated toll-free DUNS number request line at 1-866-705-5711. The information needed to request a DUNS number is minimal and you should receive your number in 24 hours. The DUNS number will be required regardless of whether the

applicant is submitting a paper application or electronically filing through Grants.gov. For more information view the <http://www.ombwatch.org/article/articleview/1794/1/47/>.

Revised HHS Policy Guidance Concerning Individuals with Limited English Proficiency

HHS issued revised policy guidance in the Federal Register on August 8 concerning individuals with Limited English Proficiency that is effective immediately. It is intended to inform recipients of Federal financial assistance about when and what action they should take to provide limited English proficient persons with meaningful access to services. The Older Americans Act includes provision for state plan assurances that “if a substantial number of older individuals residing in any planning and service area in the State are of limited English-speaking ability, then the state will require the area agency on aging for each such planning and service area” to deliver language services; and authorizes the use of Title III funds for language translation services. For a copy of this Federal Register notice go to:

http://www.aoa.gov/prof/civil_rights/LEP/Guidance080803.doc.pdf.

Information is also available about access to public benefits for non-citizens on the AoA Web site at: http://www.aoa.gov/prof/civil_rights/Non_citizens/non_citizens.asp.

Second National Steps to a HealthierUS Summit Abstracts Deadline

We encourage you to consider submitting an abstract to present your work at the Second National Steps to a HealthierUS Summit be held April 29-30, 2004, in Baltimore, Maryland. Presenting at the Summit represents a key opportunity to get aging prevention issues on the national agenda, a crucial important step because of the rapidly growing aging population. The deadline for submitting abstracts has been extended to November 30, 2003. The *Steps to a HealthierUS* initiative, launched by HHS Secretary Tommy G. Thompson earlier this year is a bold new initiative that envisions a healthy, strong U.S. population supported by a healthcare system in which diseases are prevented when possible, controlled when necessary, and treated when appropriate. This initiative is a shift in the traditional approach to the health of Americans, moving from a disease care system to a healthcare system. The summit conveners wish to develop a diverse and substantive program with presenters from a wide range of individuals, organizations, universities, communities, and businesses to help focus and stimulate the variety of activities that are needed to achieve the national health goal of helping Americans live longer, better, and healthier lives. For more information or to submit an abstract go to: <http://www.healthierus.gov/steps/index.html>.

Making A Difference

Joe Carlin to Receive American Dietetic Association Medallion Award

The American Dietetic Association will present Joe Carlin, AoA Regional Nutritionist for Regions I, II and III, with a 2003 Medallion Award at their annual meeting with at least 11,000 dietitians in attendance. The presentation will be held at a special honors breakfast on Sunday, October 26th at the Food and Nutrition Conference and Expo in San Antonio,

Texas. The award will be given in recognition of Joe's 30 years of leadership, ability, and service and represents the highest award a dietetic practitioner can achieve. Selection of awardees is based on exceptional service to the ADA at the national, state, and local level, service to other food & nutrition organizations, and outstanding professional leadership abilities that are instrumental in moving the profession of dietetics forward. All award winners also must demonstrate personal dedication to high standards for the profession and be a source of inspiration and outstanding role model. AoA offers our congratulations to Joe Carlin for receiving this award.

Michigan used NAPIS Data during Power Outage to Reach Older Adults

During the August power outage, Wayne County, Michigan, was one of the many counties in the Northeast and Midwest that experienced serious challenges. The water supply was contaminated and refrigerators and freezers weren't working. The Area Agency on Aging that serves western Wayne County, Michigan faced the problem of how to get food and water to many older adults in the county living alone. They lacked access to their client database because of the power outage. The Michigan Office of Services to the Aging offered to help and used their Web-based application of the National Aging Program Information System to identify home delivered meal clients in the AAA's Wayne County service area.

Armed with this information, the Senior Alliance Area Agency on Aging contacted Wayne County meal clients to assure that they had access to food and water during the power outage. The state of Michigan was able to help make a difference in this case because of their customized and detailed NAPIS application. The NAPIS is a program reporting system for Older Americans Act programs. The main component of this system, the State Program Report component is used by AoA to inform Congress and the public about how OAA funds are used. It includes aggregate information about who receives services including participant characteristics and progress towards performance goals and requirements. Many state agencies use NAPIS data for management of programs, program evaluation, and for state and local advocacy in explaining how their funds are used. The State of Michigan's web-based NAPIS application was developed in 2001 and allows users to customize summary or detailed reporting on virtually all data elements collected by NAPIS. Reports can also be customized to the state, Area Agency on Aging, service provider, or client-level. For more information about NAPIS visit http://www.aoa.gov/prof/agingnet/NAPIS/SPR/SPR_guidance/question.asp. The Michigan Office of Services to the Aging (OSA), assists any and all AAAs that need help during a disaster as part of their emergency preparedness plan. For more information about the Michigan Response to this emergency go to: http://www.aoa.gov/eldfam/Disaster_Assistance/emer.asp.

[Grantee Spotlight](#)

The Hospice of the Florida Suncoast Program Wins Hospice Award

On September 6, the National Hospice and Palliative Care Organization honored the Hospice of the Florida Suncoast with an Excellence for Education award for its Caregiving at Life's End project. NHPCO recognized the Largo, Florida based Hospice program as an outstanding program that is innovative and serves as a model for other organizations. The project staff have designed, implemented, and evaluated the Caregiving at Life's End train-the trainer project. It is funded as an AoA National Innovations Programs grant under the National Family Caregiver Support Program. Participants who attend the training program are expected to train a minimum of fifty family caregivers in their community. The NHPCO hosted the annual Hospice Leadership Awards in conjunction with its 18th Management and Leadership Conference in Phoenix. For information about other AoA National Family Caregiver Program grants of National Innovations Programs and Projects of National Significance go to: http://www.aoa.gov/prof/aoaprogram/caregiver/careprof/nfcsp_projects/PromisingPractices.pdf.

Of Interest

Senior Centers Begin to Anticipate Arrival Of Boomers

Senior centers are beginning to anticipate ways to attract aging baby boomers who will begin to turn age 60 in the year 2006. This coming change is consistent with what is known about Baby Boomers. They will likely change the face of senior centers just as they have changed every institution in which they have come in contact. Constance Todd, Director of the National Institute of Senior Centers, recently discussed this issue with Korky Vann of The Courant newspaper of Hartford, Connecticut. In an article that ran in late August Todd noted that, "updated programming, upscale, campus-like facilities and even new names are emerging at centers across the country." "The typical senior center attendee now is someone in their 70s or 80s," says Todd. "As we looked ahead, we realized that the programming and marketing currently in place was not designed to reach the next wave of individuals approaching retirement age, starting with something as basic as our name." The article also mentioned that Assistant Secretary Carbonell had testified during a U.S. Senate committee hearing on aging in May, "that senior centers of the future could feature health clubs and Starbucks." Ms. Carbonell also said, "The types of senior centers that were familiar to our parents and grandparents 20 years ago will transform into community and family centers of the future with more of an appeal across the generations."

October Home and Community Based Waiver Conference

Home Care in the Heartland, the 20th National Home and Community Based Services Waiver Conference, will be held in Milwaukee, Wisconsin on October 26-28, 2003. This conference is designed for home and community based services program administrators, practitioners, providers, researchers, advocates, consumers and others involved in HCBS. It will address consumer direction/self-determination; systems change; supports for community living; housing, caregiver supports; quality; and administration. The conference brochure, registration form, and call for Exhibitors may be downloaded from the NASUA web site at www.nasua.org.

Response to AoA CARES Training

Family Caregiver Support Programs have demonstrated an overwhelming interest in learning about the role of home modification and assistive devices to support caregiving activities, a concept referred to as environmental coping strategies. About 20 representatives from FCSPs across the country participated in the first session of the online course, Promoting Caregiver Adaptations to Reduce Environmental Stress: Tools for Success, offered by the National Resource Center on Supportive Housing and Home Modification with support from AoA. The second session of 20 students begins October 14, 2003, and many others are on a waiting list. Mentors will guide and assist students through implementation of their plans over the next 6 months. Please visit: www.homemods.org for more information on Project CARES or email cares@usc.edu.

New Resources on Financing Long Term Care

A new educational resource for consumers is now online that provides up-to-date information on long term care risks, costs, and financing alternatives. "Financing Long Term Care: A Resource Center for Families" offers a variety of decision-making tools such as interactive planning and assessment tools, fact sheets, myths and facts, conversation starters, and an online self study. Support materials are available including an introductory video and marketing tools. For more information go to: <http://www.financinglongtermcare.umn.edu>. Public Service Announcements and news releases are available at <http://fsos.che.umn.edu/stum/financingltc/>. "Financing Long Term Care: A Resource for Families" was developed by Marlene Stum, Ph.D., Associate Professor and Extension faculty, at the University of Minnesota (mstum@che.umn.edu) and funded by the National Cooperative Extension System. The National Initiative for Financial Security in Later Life website also offers planning toolkit section for educators at www.reeusda.gov/financialsecurity.

Health and Financial Decision-Making Tools for Spanish-Speaking Older Adults

On September 30, the American Bar Association announced the publication of an ABA Commission on Law and Aging brochure and video to help Spanish-speaking older adults with health and financial decision-making. The brochure, "Decisiones de Salud y Monetarias (Financieras): Recursos Legales Para Mantener Sus Propios Deseos e Intereses Personales," is a Spanish translated version of the commission's most-requested consumer brochure, "Health and Financial Decisions: Legal Tools for Preserving Your Personal Autonomy." It encourages use of legal planning tools to ensure personal, healthcare and financial wishes are honored in the event of illness, disability, or incapacity. The video, a Spanish-subtitled version of the commission's video, "In Your Hands: The Tools for Preserving Personal Autonomy," also addresses this issue. The ABA Commission on Law and Aging created these materials with Older Americans Act funding from AoA. Copies of these tools may be requested by contacting abaaging@abanet.org.

About AoA

AoA works with a nationwide network of organizations and service providers to make support services and resources available to older persons and their caregivers. For more information about AoA, please contact us by mail at **U.S. Department of Health and Human Services, Administration on Aging**, Washington, DC 20201; by phone at (202) 619-0724; by e-mail at aoainfo@aoa.gov; or visit us on the Web at www.aoa.gov.

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